



Traversing our Inner Spaces & Building a Community of Trust

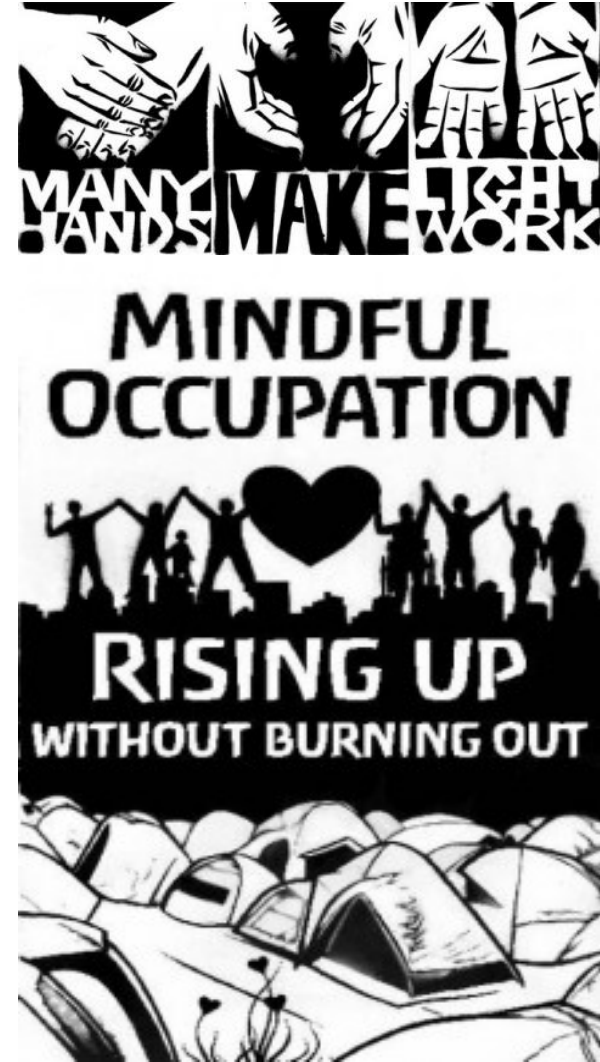
Mental Health Workshop for the 'UNSANE'



MAHARLIKA INTEGRAL
E M E R G E N C E
furthering Integral Evolution & Sadvipra Samaj

OUTLINE of the Activity

- DISTRIBUTION of Meta Cards
- Mental Health as Personal and Collective Symbiosis
- Activity Precautions
- Attunement Process
- Check In
- Trust Exercise
- Experiential Sharing



Personal & Collective Symbiosis



“

Nearly 450 million people are affected by mental illness worldwide ”

-Vikram Patel

“

Over 800 000 people die due to suicide every year and suicide is the second leading cause of death in 15-29-year-olds.”

- WHO



“

***Not insane,
Unsane.*** ”

- Jacques Fresco



“

5 key barriers that need to be overcome: the absence of mental health from the public health agenda and the implications for funding; the current organization of mental health services; lack of integration within primary care; inadequate human resources for mental health; and lack of public mental health leadership.”

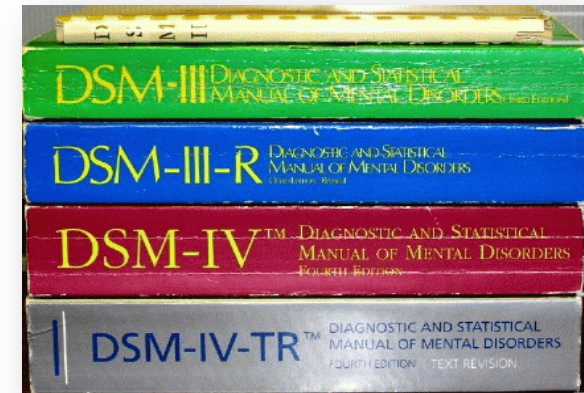
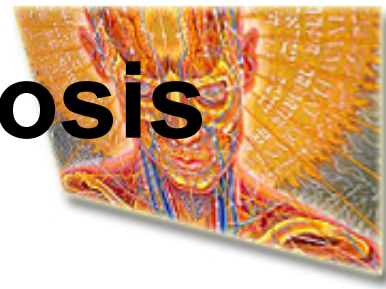


Personal & Collective Symbiosis

Psychology / Psychiatry Industry

Wellness means...

- Conformity to conventional frameworks
- Adjustment of Ego to Status Quo
- Keeps the limited, alienated, disempowered self.
- Furthering DAMAGE instead of HEALING the SCAR
- Low Income countries receive 170 less mental health care compared to rich countries...



ATTUNEMENT PROCESS

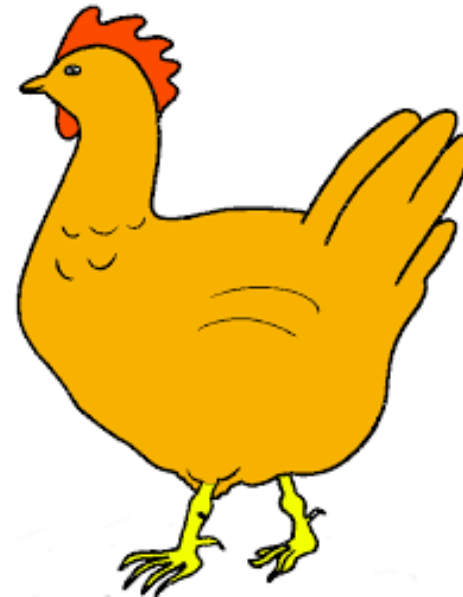
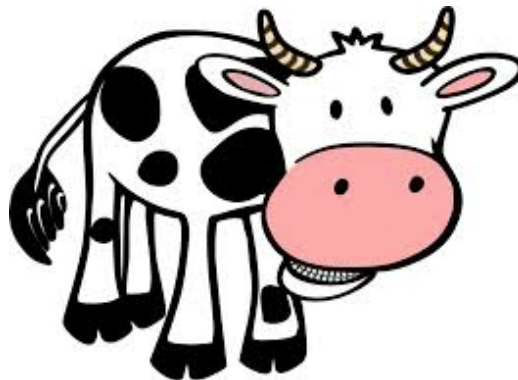
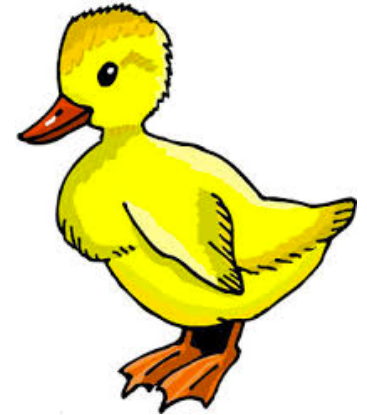


CHECK IN

Reflect at least 1 challenge you are facing as an individual and/or as a collective/group Infoshop and share whatever information you like to share with the group / crowd



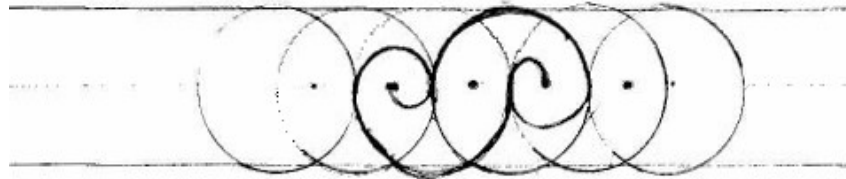
TRUST EXERCISE



EXPERIENTIAL SHARING

If ready and willing, share:

- Space challenges
- Strategies for Resolution



RESOURCES

- The Icarus Project. <http://www.theicarusproject.net/>
- Radical Psychology Network. <http://www.radpsynet.org/>
- Integral Psychotherapy. <http://www.integral-therapy.com/>

REFERENCES

- 10 Facts on Mental Health (2014, November 13). *Retrieved from* http://www.who.int/features/factfiles/mental_health/mental_health_facts/en/index2.html
- Author, Steiner, Claudia, (1969). 1969 Radical Psychiatry Manifesto. *Retrieved from* <http://www.claudesteiner.com/rpman.htm>
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OCCUPY YOUR MIND.
THE REVOLUTION BEGINS WITHIN